

Presented by
Department of Orthopaedic Surgery
University of California, San Francisco
School of Medicine



UCSF 8th Annual Primary Care Sports
Medicine Conference:

ABCs of Musculoskeletal Care

INTERCONTINENTAL SAN FRANCISCO • SAN FRANCISCO, CA

COURSE CHAIR

Anthony Luke, MD, MPH
Professor and Director
Primary Care Sports Medicine
UCSF Sports Medicine

FRIDAY-SATURDAY

December 6-7, 2013



UCSF Medical Center
Sports Medicine

UCSF 8th Annual Primary Care
Sports Medicine Conference:

ABCs of Musculoskeletal Care

Intercontinental Hotel
San Francisco
San Francisco, CA

December 6-7, 2013

This course provides a comprehensive joint-by-joint review of common injuries and offers current Sports Medicine practices which apply to the care of all patients from the recreational participant to the specialized elite athlete. Highlights of this program include: a multidisciplinary faculty, live observed joint examinations using audiovisual aids, optional small group hands-on examination workshops, interactive case sessions, and practical Sports Medicine topics.

OBJECTIVES

An attendee completing this course will be able to apply acquired skills and strategies to:

- Conduct specific musculoskeletal examinations;
- Diagnose common sports-related injuries, including the use of radiologic testing, particularly for young athletes and competitive athletes;
- Compare and contrast various treatment options based on evidence-based review of common musculoskeletal problems including overuse injuries (tendinopathies and stress fractures) and work related upper extremity injuries;
- Describe conservative and surgical treatment options for common musculoskeletal problems;
- Apply learned concepts on diagnosis and treatment from lectures in workshops emphasizing aspects of clinical practice.



ACCREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

UCSF designates this live activity for a maximum of **14.00 AMA PRA Category 1 Credits™**.

Physicians should claim only the credit commensurate with the extent of their participation in the activity. This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Nurses

For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit™* issued by organizations accredited by the ACCME.

Pharmacy

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit™*.

Family Physicians

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

Athletic Trainers

UCSF Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. Provider # P3359. **This course qualifies for 14 CEUs.**

UCSF 8TH ANNUAL PRIMARY CARE SPORTS MEDICINE ABCs OF MUSCULOSKELETAL CARE

December 6-7, 2013

FRIDAY, DECEMBER 6, 2013

7:00 am	<i>Registration and Continental Breakfast</i>	
8:00	Welcome	Anthony Luke, MD, MPH
8:10	Knee Injuries	Brian Feeley, MD
8:40	Question + Answer	
8:45	LIVE ON-SCREEN DEMONSTRATION: Knee Exam	Christina R. Allen, MD
9:25	Youth Sports - Specialization, Overuse, and Other Trends	John Philpott, MD
9:45	Question + Answer	
9:50	<i>Break</i>	
10:10	Hip Problems	Nirav Pandya, MD
10:40	Question + Answer	
10:45	LIVE ON-SCREEN DEMONSTRATION: Overuse Risk Factor Assessment	Anthony Luke, MD, MPH
11:25	Weekend Warrior	Brian Feeley, MD
11:55	Question + Answer	
12:00 pm	<i>Lunch (On Your Own)</i>	
1:15	Elbow, Hand, and Wrist Problems	Mohana Amirtharajah, MD
1:45	Question + Answer	
1:50	LIVE ON-SCREEN DEMONSTRATION: Elbow, Hand, and Wrist Exam	Mohana Amirtharajah, MD
2:30	<i>Break</i>	
2:45	CONCURRENT WORKSHOPS: (Choose 1 Only) LIVE ON SCREEN DEMONSTRATION: Concussion Management	Carlin Senter, MD Jason Miyamoto Elise Hammond
	Practical Clinical Workshop: Hands on Workshop A*: Back and Hip Exam	Anthony Luke, MD, MPH
3:30	CONCURRENT WORKSHOPS: (Choose 1 Only) LIVE ON SCREEN DEMONSTRATION: Upper Extremity Injections	C. Benjamin Ma, MD
	Practical Clinical Workshop: Basic Care of Common Fractures: From the ED to the Office	Saam Morshed, MD
	Hands on Workshop B*: Elbow, Wrist, and Hand Exam	Mohana Amirtharajah, MD
4:15	CONCURRENT WORKSHOPS: (Choose 1 Only) LIVE ON-SCREEN DEMONSTRATION: Every Patient is an Athlete: Exercise Counseling and Prescription	Carlin Senter, MD
	Practical Clinical Workshop: Current Techniques in Patient Education: Upper Extremity	Americ Alvarado, MA, ATC Tim Baldwin, MA, ATC Chris Daprato, DPT, MS, CSCS, PES
	Hands on Workshop C*: Shoulder Exam	Brian Feeley, MD
5:00	End of Daily Session for Attendees not Participating in Workshop D	
5:00-5:45 pm	HANDS-ON WORKSHOPS D* (Choose 1 Only) Knee Exam	Brian Feeley, MD
	Shoulder Exam	C. Benjamin Ma, MD
	Elbow, Hand, and Wrist Exam	Anthony Luke, MD, MPH
	Shoulder Exam	Christina R. Allen, MD

* Pre-Registration required-limited to 20 participants

GENERAL INFORMATION

Advanced registration closes one (1) business day prior to start of course. On site registration fees, if applicable, will be applied after this date.

HOW TO ENROLL

Tuition: **\$495** Physicians
\$395 Nurses/Allied Health Professionals/Residents/Fellows

Payment can be made by Visa, MasterCard, AmEx or check.

REGISTER VIA:

Online: www.cme.ucsf.edu

Mail: Complete course registration form and send with payment to:
UCSF Office of CME
P.O. Box 45368
San Francisco, CA
94145-0368

Fax: Fax completed registration form to: (415) 502-1795 (be sure to include your credit card number)

Phone: To register by phone or to inquire about registration status, please call UCSF's CME Registration Office at (415) 476-5808.

On-Site Registration

Generally we are able to accommodate on-site registration at our courses however pre-registration is preferred to ensure that we have adequate course materials.

CONFERENCE LOCATION

Enjoy San Francisco's renowned attractions such as the historic cable cars, shopping in Union Square, or visit San Francisco's culinary hub at the Ferry Building.

SATURDAY, DECEMBER 7, 2013

7:30 am	<i>Continental Breakfast</i>	
8:00	Welcome	Anthony Luke, MD, MPH
8:10	Shoulder Injuries	C. Benjamin Ma, MD
8:40	Question + Answer	
8:45	LIVE ON-SCREEN DEMONSTRATION: Shoulder Exam	C. Benjamin Ma, MD
9:25	MSK Medications Quizbowl	Carlin Senter, MD
9:45	Question + Answer	
9:50	<i>Break</i>	
10:10	Back Pain in Primary Care	Anthony Luke, MD, MPH
10:40	Question + Answer	
10:45	LIVE ON-SCREEN DEMONSTRATION: Back and Hip Exam	Anthony Luke, MD, MPH
11:25	Endurance and Extreme Sports for the Pediatric Athlete	John Philpott, MD
11:55	Question + Answer	
12:00 pm	<i>Lunch (On Your Own)</i>	
1:15	Foot and Ankle Problems	Kirstina Olson, MD
1:35	Question + Answer	
1:45	LIVE ON-SCREEN DEMONSTRATION: Foot and Ankle	Kirstina Olson, MD
2:25	<i>Break</i>	
2:45	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	LIVE ON-SCREEN DEMONSTRATION: Practical Clinical Workshop: Rheumatology Update	Krishna Chaganti, MD
	Hands on Workshop A*: Back and Hip Exam	Carlin Senter, MD
3:30	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	LIVE ON-SCREEN DEMONSTRATION: Practice points for Preparticipation Physical Exam	Anthony Luke, MD, MPH
	ACL Prevention techniques	Derek Hirai, ATC Gina Biviano, ATC
	Practical Clinical Workshop: The Overhead Athlete	Nick Colyvas, MD
	Hands on Workshop B*: Foot and Ankle Exam	Kirstin Olson, MD
4:15	CONCURRENT WORKSHOPS: (Choose 1 Only)	
	LIVE ON-SCREEN DEMONSTRATION: Knee Injection Techniques	Anthony Luke, MD, MPH
	Practical Clinical Workshop: Current Techniques in Patient Education: Lower Extremity	Jason Dinius, MS, ATC Jason Miyamoto, MS, ATC
	Hands on Workshop C*: Knee Exam	John Philpott, MD
5:00	End of Daily Session for Attendees not participating in Workshop D	
5:00-5:45 pm	HANDS-ON WORKSHOPS D* (Choose 1 Only)	
	Knee Exam	Christina R. Allen, MD
	Back and Hip	Carlin Senter, MD
	Foot and Ankle Exam	Anthony Luke, MD, MPH
	<i>* Pre-Registration required-limited to 20 participants</i>	

program

CONFERENCE LOCATION (CONT'D)

Intercontinental Hotel San Francisco

A block of guestrooms has been reserved at the special UCSF conference rate of **\$229/night**. You are urged to make your reservations early. The cut-off date is November 14, 2013 or until the group room block is filled. After this date, rooms will be provided on a space-available basis only. To make hotel reservations on-line, go to www.cme.ucsf.edu.

If you prefer to telephone in your reservation, call 1-866-781-2364 and identify yourself as a member of this UCSF conference to receive the special rate. By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable.

REFUND POLICY

Cancellations received in writing before the first day of the course will be refunded, less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

RENTAL CAR

Hertz is offering special rates for participants of this conference; simply call 800-654-2240 and refer to convention number # 03BW0132 or call your travel agent. You may also make reservations at www.Hertz.com. Advance reservations are recommended.

AIR TRANSPORTATION

UCSF has negotiated special fares with American and United Airlines for our course attendees. You may use the following tour codes to book on your own: American (800) 433-1790 code: A35D3AY
United www.united.com code: ZPMN221446



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San Francisco
Office of Continuing
Medical Education
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San Francisco, CA
94143-0742

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For more information
or to register online
visit our website at
www.cme.ucsf.edu.
You may also reach
us by calling the
Office of CME at
(415) 476-4251 or
emailing:
info@ocme.ucsf.edu.

COURSE CHAIR

Anthony Luke, MD, MPH
Professor and Director
Primary Care Sports Medicine
UCSF Sports Medicine

GUEST FACULTY

John Philpott, MD
University of Toronto,
Pediatric Sports Medicine
Canada Olympic Team Physician
Toronto, Ontario, Canada

UCSF FACULTY SCHOOL OF MEDICINE

Christina R. Allen, MD
Clinical Professor of
Orthopaedic Surgery
Team Physician U.S. Soccer,
UC Berkeley, USA Taekwondo
U.S. Olympic Team Physician,
London 2012

Americ Alvarado, MA, ATC
Certified Athletic Trainer,
UCSF Sports Medicine

UCSF FACULTY SCHOOL OF MEDICINE (CONT'D)

Mohana Amirtharajah, MD
Assistant Professor, UCSF
Department of Orthopaedics,
Division of Hand Surgery

Tim Baldwin, MA, ATC
Certified Athletic Trainer,
UCSF Sports Medicine

Gina Biviano, MA, ATC
Certified Athletic Trainer,
UCSF Sports Medicine

R. Krishna Chaganti, MD
Assistant Professor, Department
of Internal Medicine, Division
of Rheumatology

Nicholas Colyvas, MD
Assistant Clinical Professor,
UCSF Sports Medicine

**Christopher DaPrato, DPT, MS,
CSCS, PES**
Physical Therapist, Outpatient
Faculty Practice Manager

Jason Dinius, MS, ATC
Certified Athletic Trainer,
UCSF Sports Medicine

Brian Feeley, MD
Assistant Professor; UCSF Sports
Medicine and Shoulder Service

UCSF FACULTY SCHOOL OF MEDICINE (CONT'D)

Elise Hammond, ATC
Certified Athletic Trainer,
UCSF Sports Medicine

Derek Hirai, MS, ATC
Certified Athletic Trainer,
UCSF Sports Medicine

C. Benjamin Ma, MD
Associate Professor;
Chief, UCSF Sports Medicine
and Shoulder Service

Jason Miyamoto
Certified Athletic Trainer,
UCSF Sports Medicine

Saam Morshed, MD, MPH, PhD
Assistant Professor,
UCSF Sports Medicine

Kirstina Olson, MD
Assistant Professor of Orthopaedic
Surgery; Chief of Foot and
Ankle Surgery

Nirav Pandya, MD
Assistant Professor
UCSF, Children's Hospital
Oakland

Carlin Senter, MD
Assistant Professor,
Departments of Orthopaedics
and Internal Medicine

faculty

**UCSF 8TH ANNUAL PRIMARY CARE SPORTS MEDICINE
CONFERENCE: ABCs OF MUSCULOSKELETAL CARE****MOR14002****December 6-7, 2013****Intercontinental Hotel San Francisco • San Francisco, California**

Mail to: UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368
Fax: (415) 502-1795

Online registration: www.cme.ucsf.edu
Registration Information: (415) 476-5808
Course Information: (415) 476-4251

Dr. Mr. Mrs. Ms.

Last Name First M.I.

Degree Specialty

Address

City State Zip

Daytime Phone Fax

Email

Address Label Code (see address label: example, A, B, C, D, etc.) _____

Would you like to be on our priority email list? Yes No

Date of birth to be used as OCME registrant number: ____ / ____ / **XX**
Month Day

 Please indicate if you have any special needs: _____

REGISTRATION FEES (Receipt/Confirmation will be mailed within two to four weeks):

\$495 Physicians

\$395 Nurses/Allied Health Professionals/Residents/Fellows

* Pre-registration BY PHONE or ONLINE is required for Afternoon Hands-on Workshop Sessions A, B, C, and D
Call (415) 476-5808. Space limited to 20 in each of these sessions and there is an additional charge
of \$25 per session.

Make checks payable to *UC Regents*.

Please charge my credit card: Visa MasterCard AmEx for \$ _____

Card # Expiration date

Name on Card (Please Print) Authorized Signature

Refund Policy: Cancellations received in writing before the first day of the course will be refunded,
less a \$75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up to date information on the course: www.cme.ucsf.edu

ON-SITE REGISTRATION

Time: 7:00 am - 8:00 am

Date: Friday, December 6, 2013

Place: **Intercontinental Hotel San Francisco**
888 Howard St
San Francisco, CA 94103
(415) 616-6500
www.intercontinentalsanfrancisco.com

